

EngageGM

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What's On >>>

Cervical Cancer Prevention Week

Cervical cancer stands to be the first cancer ever to be eliminated if Human Papilloma Virus (HPV) vaccination and screening (the "smear test") is taken more seriously.

Cervical cancer is one of the most common forms of cancer in women aged under 35. About 90% of cases is linked to the Human Papilloma Virus (HPV), which can easily be detected during a "smear test". Unfortunately, a quarter of women in the UK do not respond to their screening invitations, and sadly two lives are lost daily to cervical cancer.

Here in the UK, cervical cancer is further prevented through vaccination of pupils from age 12. Not only does the vaccine protect against cervical cancers but also some mouth and throat cancers along with genital warts. Two doses of the jab are needed for full protection. People who miss the vaccination in school may still get vaccinated before they turn 25. You will need to request this through your GP.

In support of Cervical Cancer Prevention Week, which runs from 18th-24th January 2021, Answer Cancer will be hosting a series of virtual engagement sessions to highlight the importance of talking about cervical cancer in homes, workplaces and community groups. The sessions will provide you with an opportunity to hear from survivors, Answer Cancer Champions, and people who work to improve cancer services within Greater Manchester. There will live interviews on several community radio stations and Answer Cancer social media channels in both English and some community languages.

We've produced a series of graphics with key messages and quotes for you to share throughout the month. [Click on the link to download and share on all social media platforms.](#)

We are in this together, so let us do it together!

Hot Topics >>>

Veganuary 2021

This year's Christmas was different but never short of indulgence. It is estimated that we get through around 7,000 calories each on Christmas day alone – that's more than double the recommended daily amount for men, and more than three times that for women. Meat forms a major component of our Christmas dinners, but can be detrimental to our health.



Why not get a health boost by switching to plant-based food this month?

Going meat-free has a lot of benefits. Being vegetarian or vegan can help you to keep a healthy weight and reduce your risk of cancer. It appears to lower cholesterol levels, blood pressure and type-2 diabetes too. It is also said to improve energy levels and concentration.

We at Answer Cancer are here to support you through this journey. You can take up the 31-day vegan challenge by clicking [here](#) for more information.

Update >>>

What has Answer Cancer been up to?

December to Remember - leafletting:

The month of December was extra special for the Answer Cancer engagement team. For the first time ever, the team distributed over 3,000 Answer Cancer information leaflets in English, Arabic, Urdu, and Bangla through foodbanks and community food parcels delivery channels. About eight Post Office trips and six car delivery rounds were needed to distribute the leaflets to over 15 foodbanks and community groups across Manchester, Salford, Tameside, Rochdale and Oldham. The leaflets contained simple messages on cancer and cancer screening. Some residents were surprised with goodies from Answer Cancer.



Stakeholder Collaborative:

Activities for this month kicked off with the Answer Cancer Stakeholder Collaborative event. The event was held on Zoom on the 13th January 2021 and was themed around cervical cancer prevention. It was a moment of reflection for the Answer Cancer team and a time to celebrate the achievements of our Champions. There were loads of ideas shared on how to execute a successful campaign on cancer prevention. This is what one attendee has to say:

"Thank you so much. This [stakeholder's collaborative] was well-planned!"

Online Training:

Answer cancer also rolled out a brand-new training module last year: Train the Facilitator – Training for Answer Cancer Champions. The course aims to equip Answer Cancer Champions with the skills, knowledge (and above all) the confidence to be able to run a short cancer awareness session. Since its inception, many who have attended the course have found it beneficial. Please [click here](#) for January to March dates.

Ready for a campaign?

A lot of people are inclined to make a difference in the communities in which they live. By getting involved in campaigns such as Cervical Cancer Prevention Week, they can get people to take positive action. Here are some key elements of a campaign to bear in mind:

What is campaigning?

- Science and art of changing what is possible
- Motivating others to take action and bring change
- Knowing what goal you are working on, i.e. what change you want to see

What steps you need to take?

- Identify what is the problem your campaign wants to address?
- What change do you want to bring about?

What makes a successful campaign?

- Achieves its stated aims – i.e. change has occurred
- Well researched, planned and organised – i.e. what tactics/actions are you going to use
- Strategic and relevant – i.e. targeted
- A coherent message
- Inclusive, both for the group and new people wanting to join
- Delivered by a team, through networks and support organisations

How do you start a campaign?

- Just be willing!
- Get a team together to think through when and how to start, for it to make the greatest impact
- Decide what delivery channels will be appropriate e.g. social media or mass media
- Stick to your timelines and aim to finish!
- Be thorough

Here is a good example of a campaign for cervical cancer prevention week:
[#smearforsmear 2021](#)

Your Questions Answered >>>

Q: My partner's smear test came back positive. Does that mean that she has been unfaithful?

A: Most people may have HPV dormant in their body for a long time which means a test will not detect it. However, it can become active again. It is at this stage that a test may then come back positive. This has nothing to do with promiscuity or a recent sexual encounter.

Click [here](#) for more information.

Answer Cancer January - March Training Sessions

Start 2021 by taking part in one of our online training sessions:

Cervical Cancer – Awareness, Screening & Prevention Training

- Tuesday 19th January 10am – 11:30am
- Thursday 21st January 10am – 11:30am

NHS Cancer Screening Programmes

- Tuesday 26th January 10:30am – 12noon
- Wednesday 27th January 10am – 11:30am

Train the Facilitator – Training for Answer Cancer Champions

- Course 1: Tuesday 16th February and Tuesday 23rd February 10am – 12:30pm
- Course 2: Wednesday 17th March and Wednesday 24th March 10am – 12:30pm

Creative Approaches to Online and Remote Engagement

- Tuesday 9th February 1pm – 2:30pm

For more information and booking please see:

www.cancerchampionsgm.org.uk/online-training-modules/

About us >>>

Answer Cancer is a partnership of four VCSE organisations: Unique Improvements, Voluntary Sector North West, BHA for Equality, and Salford CVS. Our work is funded by the Greater Manchester Health and Social care partnership.

Our aim is to address the cultural, social and systemic barriers that prevent people from taking up cancer screening.

How do we do it?

1. We work with community and faith groups across Greater Manchester, so they know what causes cancer & why screening is important.
2. We offer free information sessions on breast, bowel and cervical cancer screening.
3. We train individuals as Answer Cancer Champions.
4. We support community groups with grants so they can increase awareness about cancer screening.

For more information please contact:

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**ANSWER
CANCER**

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